

Summer Food Service Program (SFSP) Meal Pattern ¹

Food Component	BREAKFAST	LUNCH OR SUPPER	SNACK ² Serve any two of the four components (<i>Must be two DIFFERENT components</i>)
MILK, FLUID ³			
Flavored or unflavored whole milk, low-fat milk, nonfat (skim) milk and buttermilk <i>Low-fat (1%) or fat-free milk is recommended</i>	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)
VEGETABLES AND FRUITS			
Vegetable(s) and/or fruit(s) or	½ cup	¾ cup total ^{4, 5}	¾ cup
Full-strength (100%) juice (fruit, vegetable or combination) ⁴ or	½ cup (4 fluid ounces)		¾ cup (6 fluid ounces)
An equivalent quantity of any combination of the above vegetables and fruits			
GRAINS AND BREADS ⁶			
Bread or	1 slice	1 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. or	1 serving	1 serving	1 serving
Cold dry cereal ⁷ or	¾ cup or 1 ounce	¾ cup or 1 ounce	¾ cup or 1 ounce
Cooked cereal or	½ cup	½ cup	½ cup
Cooked pasta or noodle products or	½ cup	½ cup	½ cup
Cooked cereal grains or	½ cup	½ cup	½ cup
An equivalent quantity of any combination of the above grains and breads			
MEAT AND MEAT ALTERNATES			
Lean meat or poultry or fish ⁸ or	Optional	2 ounces	1 ounce
Alternate protein products ⁹ or		2 ounces	1 ounce
Cheese or		2 ounces	1 ounce
Cottage cheese or		½ cup	¼ cup
Eggs or		1 large egg	½ large egg
Cooked dry beans or peas or		½ cup	¼ cup
Peanut butter or soynut butter or other nut or seed butters or		4 tablespoons	2 tablespoons
Peanuts or soynuts or tree nuts or seeds ¹⁰ or		1 ounce = 50 percent	1 ounce
Yogurt ¹¹ , plain or flavored, unsweetened or sweetened or		8 ounces or 1 cup	4 ounces or ½ cup
An equivalent quantity of any combination of the above meat and meat alternates			

◀ See page 2 for important menu planning notes ▶

SFSP Meal Pattern • Menu Planning Notes

- ¹ The SFSP meal pattern shows the minimum amounts of each component that must be made available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified. Use the USDA [Food Buying Guide for School Meal Programs](#) to determine the amount of purchased food that meets the requirements. For processed foods, review [Child Nutrition \(CN\) labels](#) or [product formulation statements](#).
- ² Snack must consist of two food items, each from a **different** food component. For example, a snack containing fruit juice and carrot sticks does not meet the meal pattern requirements because both food items are from the vegetables/fruits component. Juice cannot be served when milk is the only other snack component.
- ³ Milk must be pasteurized and meet state and local standards. For best nutrition, serve only **low-fat (1%) or fat-free milk**. At lunch/supper, milk must be served as a beverage. At breakfast, milk can be served as a beverage, on cereal or both.
- ⁴ At lunch/supper, full-strength 100 percent juice cannot exceed half of the vegetables/fruits component, i.e., no more than $\frac{3}{8}$ cup of juice.
- ⁵ Serve two or more **different** kinds of vegetables and/or fruits, i.e., two vegetables, two fruits or one vegetable and one fruit.
- ⁶ Bread, pasta or noodle products and cereal grains (such as rice, bulgur and corn grits) must be whole grain or enriched. Cornbread, biscuits, rolls, muffins and other breads must be made with whole-grain or enriched flour or meal. Breakfast cereals must be whole grain, enriched or fortified. Bran and germ cred the same as enriched or whole-grain meal or flour. All products must meet the minimum serving sizes specified in [Serving Sizes for Grains/Breads in the Summer Food Service Program](#). For best nutrition, serve whole-grain products most often.
- ⁷ One serving of cold breakfast cereal must measure $\frac{3}{4}$ cup or weigh 1 ounce, whichever is less. Breakfast cereals are traditionally served as a breakfast menu item but may also be served in other meals.
- ⁸ The serving size for meat/meat alternates refers to the **edible** portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone.
- ⁹ Alternate protein products must meet the requirements specified by the USDA in Appendix A to Part 225 of the [SFSP regulations](#).
- ¹⁰ Tree nuts and seeds that may be used as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. One ounce of nuts/seeds equals one ounce of cooked lean meat, poultry or fish. At lunch/supper, nuts and seeds cannot exceed 50 percent (1 ounce) of the meat/meat alternates requirement. They must be combined with another meat/meat alternate to meet the required 2-ounce serving.
- ¹¹ To increase nutrient variety, yogurt should not be served when milk is the only other snack component.



For more information on the SFSP, visit the CSDE's [SFSP Web site](#) or contact Caroline Cooke at caroline.cooke@ct.gov or 860-807-2144, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

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